

**In the Claims:**

Claims 1, 9, 15, 30, 38, and 44 are canceled. Claims 2-8, 10-14, 16-22, 24-28, 31-37, 39-43, 45-51, 53-57, and 59 are amended. The claims are as follows:

1. (Canceled)
2. (Currently Amended) The portable exercise apparatus of claim [[1]] 16, wherein the first **resilient** structure is rotatably attached to the second **resilient** structure.
3. (Currently Amended) The portable exercise apparatus of claim [[1]] 16, wherein the body support structure is placed on the supporting structure, and wherein the supporting structure is selected from the group consisting of a couch and a chair.
4. (Currently Amended) The portable exercise apparatus of claim [[1]] 16, wherein the body support structure is placed on the supporting structure, and wherein the supporting structure is a floor.
5. (Currently Amended) The portable exercise apparatus of claim [[1]] 16, wherein the body support structure is placed on the supporting structure, and wherein the supporting structure is a wheel chair.
6. (Currently Amended) The portable exercise apparatus of claim [[1]] 16, wherein the body

support structure is placed on the supporting structure, and wherein the supporting structure is an automobile seat.

7. (Currently Amended) The portable exercise apparatus of claim [[1]] 16, wherein the resistance means comprises at least one resistance band.

8. (Currently Amended) The portable exercise apparatus of claim [[1]] 16, wherein the resistance means comprises at least one spring.

9. (Canceled)

10. (Currently Amended) The portable exercise apparatus of claim [[9]] 16, wherein the at least one exercising structure is removably attached to the first elongated member.

11. (Currently Amended) The portable exercise apparatus of claim [[9]] 16, wherein the at least one exercising structure is removably attached to the second elongated member.

12. (Currently Amended) The portable exercise apparatus of claim [[9]] 16, wherein the at least one exercising structure is removably attached to the third elongated member.

13.(Currently Amended) The portable exercise apparatus of claim [[9]] 16, wherein the at least one exercising structure is removably attached to the ~~forth~~ fourth elongated member.

14. (Currently Amended) The portable exercise apparatus of claim [[9]] 16, wherein the first substantially flat structure and the second substantially flat structure each comprise a material selected from the group consisting of wood, metal, and plastic.

15. (Canceled)

16. (Currently Amended) ~~The portable exercise apparatus of claim 15, A portable exercise apparatus comprising:~~

a body support structure comprising a sitting structure pivotally attached to a back support structure, wherein the back support structure is adapted to be positioned at a plurality of angular positions with respect to the sitting structure, wherein the body support structure is adapted to be placed on a supporting structure, wherein the back support structure comprises a first substantially flat structure mounted on a first side of a first frame, a first elongated member attached to the first frame, and a second elongated member attached to the first frame, and wherein the sitting structure comprises a second substantially flat structure mounted on a first side of a second frame, a third elongated member attached to the second frame, and a fourth elongated member attached to the second frame;

a first padding structure coupled to the first substantially flat structure and a second padding structure coupled to the second substantially flat structure;

~~further comprising a first padded structure mechanically attached to a second side of the first frame and a second padded structure mechanically attached to a second side of the second frame [.]~~; and

at least one exercising structure adapted to be removably attached to the body support structure, wherein the at least one exercising structure comprises a first structure movably attached to a second structure, a first attachment device, and a resistance means for applying a preset amount of resistance against movement of the first structure with respect to the second structure, wherein the attachment device is adapted to removably attach the second structure to the body support structure, and wherein the portable exercise apparatus is portable with respect to the supporting structure.

17. (Currently Amended) ~~The portable exercise apparatus of claim 9, A portable exercise apparatus comprising:~~

a body support structure comprising a sitting structure pivotally attached to a back support structure, wherein the back support structure is adapted to be positioned at a plurality of angular positions with respect to the sitting structure, wherein the body support structure is adapted to be placed on a supporting structure, wherein the back support structure comprises a first substantially flat structure mounted on a first side of a first frame, a first elongated member attached to the first frame, and a second elongated member attached to the first frame, and wherein the sitting structure comprises a second substantially flat structure mounted on a first side of a second frame, a third elongated member attached to the second frame, and a fourth elongated member attached to the second frame; and

at least one exercising structure adapted to be removably attached to the body support structure, wherein the at least one exercising structure comprises a first structure movably attached to a second structure, a first attachment device, and a resistance means for applying a

preset amount of resistance against movement of the first structure with respect to the second structure, wherein the attachment device is adapted to removably attach the second structure to the body support structure, wherein the portable exercise apparatus is portable with respect to the supporting structure, and wherein the second resilient structure is an armrest structure removably attached to the third elongated member.

18. (Currently Amended) The portable exercise apparatus of claim 17, wherein the first **resilient** structure is pivotally attached to the armrest structure.

19. (Currently Amended) The portable exercise apparatus of claim 9, A portable exercise apparatus comprising:

a body support structure comprising a sitting structure pivotally attached to a back support structure, wherein the back support structure is adapted to be positioned at a plurality of angular positions with respect to the sitting structure, wherein the body support structure is adapted to be placed on a supporting structure, wherein the back support structure comprises a first substantially flat structure mounted on a first side of a first frame, a first elongated member attached to the first frame, and a second elongated member attached to the first frame, and wherein the sitting structure comprises a second substantially flat structure mounted on a first side of a second frame, a third elongated member attached to the second frame, and a fourth elongated member attached to the second frame; and

at least one exercising structure adapted to be removably attached to the body support structure, wherein the at least one exercising structure comprises a first structure movably

attached to a second structure, a first attachment device, and a resistance means for applying a preset amount of resistance against movement of the first structure with respect to the second structure, wherein the attachment device is adapted to removably attach the second structure to the body support structure, wherein the portable exercise apparatus is portable with respect to the supporting structure, and wherein the second resilient structure is an armrest structure removably attached to the forth fourth elongated member.

20. (Currently Amended) The portable exercise apparatus of claim 19, wherein the first **resilient** structure is pivotally attached to the armrest structure.

21. (Currently Amended) The portable exercise apparatus of claim [[9]] 16, further comprising a leg exercising structure, wherein the sitting structure comprises a fifth elongated member attached to the second frame, wherein the leg exercising structure is removably attached to the fifth elongated member, wherein the leg exercising structure comprises a third **resilient** structure pivotally attached to an attachment structure, a forth fourth **resilient** structure pivotally attached to the attachment structure, and a second resistance means for applying a preset amount of resistance against movement of the third **resilient** structure and the forth fourth **resilient** structure, and wherein the attachment structure is adapted to removably attach the leg exercising structure to the fifth elongated member.

22. (Currently Amended) The portable exercise apparatus of claim [[9]] 16, further comprising a plurality of resistance bands, wherein the first elongated member, the second elongated member,

the third elongated member, and the forth fourth elongated member each comprise a plurality of hooking devices adapted to removably attach each of said resistance bands to each of said elongated members.

23. (Original) The portable exercise apparatus of claim 22, wherein each of the plurality of hooking devices are selected from the group consisting of a hook and an eyelet.

24. (Currently Amended) ~~The portable exercise apparatus of claim 9, further comprising A portable exercise apparatus comprising:~~

a body support structure comprising a sitting structure pivotally attached to a back support structure, wherein the back support structure is adapted to be positioned at a plurality of angular positions with respect to the sitting structure, wherein the body support structure is adapted to be placed on a supporting structure, wherein the back support structure comprises a first substantially flat structure mounted on a first side of a first frame, a first elongated member attached to the first frame, and a second elongated member attached to the first frame, and wherein the sitting structure comprises a second substantially flat structure mounted on a first side of a second frame, a third elongated member attached to the second frame, and a fourth elongated member attached to the second frame;

at least one exercising structure adapted to be removably attached to the body support structure, wherein the at least one exercising structure comprises a first structure movably attached to a second structure, a first attachment device, and a resistance means for applying a preset amount of resistance against movement of the first structure with respect to the second

structure, wherein the attachment device is adapted to removably attach the second structure to the body support structure, and wherein the portable exercise apparatus is portable with respect to the supporting structure; and

a third frame structure removably attached to the first elongated member and the second elongated member, wherein the third frame structure is adapted to be used for isometric exercises.

25. (Currently Amended) The portable exercise apparatus of claim [[1]] 24, further comprising an accessory accessory holding structure removably attached to the body support structure.

26. (Currently Amended) The portable exercise apparatus of claim [[1]] 24, further comprising an elongated exercising structure removably attached to the body support structure, wherein the elongated exercising structure comprises a fifth **resilient** structure slidely attached to a sixth **resilient** structure and a third resistance means for applying a preset amount of resistance against movement of the fifth **resilient** structure with respect to the sixth **resilient** structure.

27. (Currently Amended) The portable exercise apparatus of claim [[1]] 24, further comprising:  
a pivotally attachable exercising structure pivotally attached to the support structure, wherein the pivotally attachable exercising structure is adapted to be removably attached to the body support structure at a pivot point, and  
a ~~forth~~ fourth resistance means for applying a preset amount of resistance against movement of the pivotally attachable exercising structure with respect to the body support

structure.

28. (Currently Amended) The portable exercise apparatus of claim [[1]] 24, further comprising a joystick exercising structure removably attached to the body support structure, wherein the joystick exercising structure comprises a resistance spring pivotally attaching a first tubular structure to a second tubular structure, and wherein the resistance spring is adapted to apply a preset amount of resistance against movement of the first tubular structure with respect to the second tubular structure.

29. (Original) The portable exercise apparatus of claim 28, wherein the joystick exercising structure further comprises a third tubular structure perpendicularly attached to the first tubular structure, and wherein the third tubular structure is adapted to function as a handle for moving the first tubular structure with respect to the second tubular structure.

30. (Canceled)

31. (Currently Amended) The method of claim 45 [[30]], wherein the first **resilient** structure is rotatably attached to the second **resilient** structure.

32. (Currently Amended) The method of claim 45 [[30]], wherein the supporting structure is selected from the group consisting of a couch and a chair.

33. (Currently Amended) The method of claim 45 [[30]], wherein the supporting structure is a floor.

34. (Currently Amended) The method of claim 45 [[30]] , wherein the supporting structure is a wheel chair.

35. (Currently Amended) The method of claim 45 [[30]], wherein the supporting structure is an automobile seat.

36. (Currently Amended) The method of claim 45 [[30]], wherein the resistance means comprises at least one resistance band.

37. (Currently Amended) The method of claim 45 [[30]], wherein the resistance means comprises at least one spring.

38. (Canceled)

39. (Currently Amended) The method of claim 45 [[38]], further comprising removably attaching the at least one exercising structure to the first elongated member.

40. (Currently Amended) The method of claim 45 [[38]], further comprising removably attaching the at least one exercising structure to the second elongated member.

41. (Currently Amended) The method of claim 45 [[38]], further comprising removably attaching the at least one exercising structure to the third elongated member.

42. (Currently Amended) The method of claim 45 [[38]], further comprising removably attaching the at least one exercising structure to the ~~forth~~ fourth elongated member.

43. (Currently Amended) The method of claim 45 [[38]], wherein the first substantially flat structure and the second substantially flat structure each comprise a material selected from the group consisting of wood, metal, and plastic.

44. (Canceled)

45. (Currently Amended) A method for exercising comprising:

providing a portable exercise apparatus comprising:

a body support structure, a first padding structure, a first padded structure, a second padded structure, and at least one exercising structure, wherein the support structure comprises a sitting structure pivotally attached to a back support structure, wherein the back support structure is adapted to be positioned at a plurality of angular positions with respect to the sitting structure, wherein the back support structure comprises a first substantially flat structure mounted on a first side of a first frame, a first elongated member attached to the first frame, and a second elongated member attached to the first frame, and wherein the sitting structure comprises a second substantially flat structure mounted on a first side of a second frame, a third elongated member

attached to the second frame, and a fourth elongated member attached to the second frame,  
wherein the at least one exercising structure comprises a first structure movably attached to a  
second structure, a first attachment device, and a resistance means for applying a preset amount  
of resistance against movement of the first structure with respect to the second structure, wherein  
the first padding structure is coupled to first substantially flat structure and a second padding  
structure coupled to the second substantially flat structure, and wherein the The method of claim  
44, further comprising providing a first padded structure is mechanically attached to a second  
side of the first frame and [[a]] the second padded structure is mechanically attached to a second  
side of the second frame [[.]] :

placing the body support structure on a supporting structure, wherein the portable  
exercise structure is portable with respect to the supporting structure;  
removably attaching by the first attachment device, the at least one exercising structure to  
the body support structure; and  
moving against a preset amount of resistance provided by the resistance means, the first  
structure with respect to the second structure.

46. (Currently Amended) A method for exercising comprising:

providing a portable exercise apparatus comprising:  
a body support structure and at least one exercising structure, wherein the support  
structure comprises a sitting structure pivotally attached to a back support structure, wherein the  
back support structure is adapted to be positioned at a plurality of angular positions with respect  
to the sitting structure, wherein the back support structure comprises a first substantially flat

structure mounted on a first side of a first frame, a first elongated member attached to the first frame, and a second elongated member attached to the first frame, wherein the sitting structure comprises a second substantially flat structure mounted on a first side of a second frame, a third elongated member attached to the second frame, and a fourth elongated member attached to the second frame, wherein the at least one exercising structure comprises a first structure movably attached to a second structure, a first attachment device, and a resistance means for applying a preset amount of resistance against movement of the first structure with respect to the second structure, and ~~The method of claim 38,~~ wherein the second ~~resilient~~ structure is an armrest structure, and wherein the method further comprises ;

placing the body support structure on a supporting structure, wherein the portable exercise structure is portable with respect to the supporting structure;  
removably attaching by the first attachment device, the at least one exercising structure to the body support structure by removably attaching the armrest structure to the third elongated member [.] ; and

moving against a preset amount of resistance provided by the resistance means, the first structure with respect to the second structure.

47. (Currently Amended) The method of claim 46, wherein the first ~~resilient~~ structure is pivotally attached to the armrest structure.

48. (Currently Amended) A method for exercising comprising:  
providing a portable exercise apparatus comprising:

a body support structure and at least one exercising structure, wherein the support structure comprises a sitting structure pivotally attached to a back support structure, wherein the back support structure is adapted to be positioned at a plurality of angular positions with respect to the sitting structure, wherein the back support structure comprises a first substantially flat structure mounted on a first side of a first frame, a first elongated member attached to the first frame, and a second elongated member attached to the first frame, wherein the sitting structure comprises a second substantially flat structure mounted on a first side of a second frame, a third elongated member attached to the second frame, and a fourth elongated member attached to the second frame, wherein the at least one exercising structure comprises a first structure movably attached to a second structure, a first attachment device, and a resistance means for applying a preset amount of resistance against movement of the first structure with respect to the second structure. ~~The method of claim 38, wherein the second resilient structure is an armrest structure, and wherein the method further comprises;~~

placing the body support structure on a supporting structure, wherein the portable exercise structure is portable with respect to the supporting structure;  
removably attaching by the first attachment device, the at least one exercising structure to the body support structure by removably attaching the armrest structure to the fourth elongated member [.] ; and  
moving against a preset amount of resistance provided by the resistance means, the first structure with respect to the second structure.

49. (Currently Amended) The method of claim 48, wherein the first resilient structure is

pivotaly attached to the armrest structure.

50. (Currently Amended) The method of claim 45 [[38]], further comprising:

providing a leg exercising structure comprising a third ~~resilient~~ structure pivotally attached to an attachment structure, a ~~forth~~ fourth ~~resilient~~ structure pivotally attached to the attachment structure, and a second resistance means for applying a preset amount of resistance against movement of the third ~~resilient~~ structure and the ~~forth~~ fourth ~~resilient~~ structure , wherein the sitting structure comprises a fifth elongated member attached to the second frame;

removably attaching by a first attachment device, the leg exercising structure to the fifth elongated member; and

moving against the preset amount of resistance provided by the second resistance means, the third ~~resilient~~ structure and the ~~forth~~ fourth ~~resilient~~ structure.

51. (Currently Amended) The method of claim 45 [[38]], further comprising:

providing a plurality of resistance bands, wherein the first elongated member, the second elongated member, the third elongated member, and the ~~forth~~ fourth elongated member each comprise a plurality of hooking devices attached to each of said elongated members; and

removably attaching at least one of said resistance bands to at least one of said hooking devices.

52. (Original) The method of claim 51, wherein each of the plurality of hooking devices are selected from the group consisting of a hook and an eyelet.

53. (Currently Amended) The method of claim 38, further comprising: A method for exercising comprising:

providing a portable exercise apparatus comprising:

a body support structure, at least one exercising structure, and providing a third frame structure, ; and wherein the support structure comprises a sitting structure pivotally attached to a back support structure, wherein the back support structure is adapted to be positioned at a plurality of angular positions with respect to the sitting structure, wherein the back support structure comprises a first substantially flat structure mounted on a first side of a first frame, a first elongated member attached to the first frame, and a second elongated member attached to the first frame, wherein the sitting structure comprises a second substantially flat structure mounted on a first side of a second frame, a third elongated member attached to the second frame, and a fourth elongated member attached to the second frame, wherein the at least one exercising structure comprises a first structure movably attached to a second structure, a first attachment device, and a resistance means for applying a preset amount of resistance against movement of the first structure with respect to the second structure, and

placing the body support structure on a supporting structure, wherein the portable exercise structure is portable with respect to the supporting structure;  
removably attaching by the first attachment device, the at least one exercising structure to the body support structure;

moving against a preset amount of resistance provided by the resistance means, the first structure with respect to the second structure;

removably attaching the third frame structure to the to the first elongated member and the

second elongated member; and

using the third frame structure for isometric exercises.

54. (Currently Amended) The method of claim 45 [[30]], further comprising:

providing an accessory accessory holding structure ; and

removably attaching the accessory accessory holding means to the body support structure.

55. (Currently Amended) The method of claim 45 [[30]], further comprising;

providing an elongated exercising structure comprising a fifth resilient structure slidably attached to a sixth resilient structure and a third resistance means for applying a preset amount of resistance against movement of the fifth resilient structure with respect to the sixth resilient structure;

removably attaching the elongated exercising structure to the body support structure; and moving against the preset amount of resistance provided by the third resistance means, the fifth resilient structure with respect to the sixth resilient structure.

56. (Currently Amended) The method of claim 45 [[30]], further comprising:

providing a pivotally attachable exercising structure and a forth fourth resistance means for applying a preset amount of resistance against movement of the pivotally attachable exercising structure with respect to the body support structure;

removably attaching the pivotally attachable exercising structure to the body support structure at a pivot point, and

moving against the preset amount of resistance provided by the ~~forth~~ fourth resistance means, the pivotally attachable exercising structure with respect to the body support structure.

57. (Currently Amended) The method of claim 45 [[30]], further comprising:

providing a joystick exercising structure comprising a resistance spring pivotally attaching a first tubular structure to a second tubular structure;  
removably attaching joystick exercising structure to the body support structure; and  
moving against a preset amount of resistance provided by the resistance spring, the first tubular structure with respect to the second tubular structure.

58. (Original) The method of claim 57, further comprising:

providing a third tubular structure perpendicularly attached to the first tubular structure;  
and  
moving by the third tubular structure, the first tubular structure with respect to the second tubular structure.

59. (Currently Amended) The method of claim 45 [[30]], further comprising:

removing the at least one exercising structure from the body support structure; and  
removing the body support structure from the supporting structure.

60. (Original) The method of claim 59, further comprising folding the body support structure for storage.

61. (Original) The method of claim 59, further comprising folding the body support structure for transfer to a second supporting structure.